

## **Circuit Training for Academies** **“A little of everything”**

In order to try and reach all of the objectives or as many as possible, all training sessions will be done with stations. You need enough qualified staff to adequately fill every station. This way, the participants will get a maximum amount of playing, and learn throughout. Train the participants for a hour with the last half hour solely dedicated to them playing the game. Each training session needs to end with the game and without our interference. Here is the format in which clubs could go:

At first, show the kids how to set up a 1v1 field and let them play (5-10 minutes). As soon as they get used to it, we will just have to tell them to get the cones and play someone. After kids arrive, then go into the warm-up.

Warm-up-Every week have a new warm-up performed by a different coach. Warm-up should be fun and productive. (10-15 minutes)

Circuit Training-Stations (Ideal numbers for circuit 8-10 players) Players start at different stations and then rotate through.

Each week there is a minimum of 4 stations/circuits. The kids will spend 10 minutes at each station with a minute or two built in there for travel and water. Total time (40-45 minutes)

Station#1-Dribbling

Station #2-Passing and Receiving

Station #3-Finishing/Striking

Station #4-Small Group Game (Fun Running) both with and without ball.

\*\* In case you don't have enough players go with three stations and cut out Small Group Game.

Lastly, play the game. Small Sided Game. Players are informed to bring a hat for when they jump in goal. If all goes on time, the kids should have the last 25-30 minutes to play.

### **Daily Schedule**

5:30-5:35 1v1 on their own

5:35-5:50-Warm-up

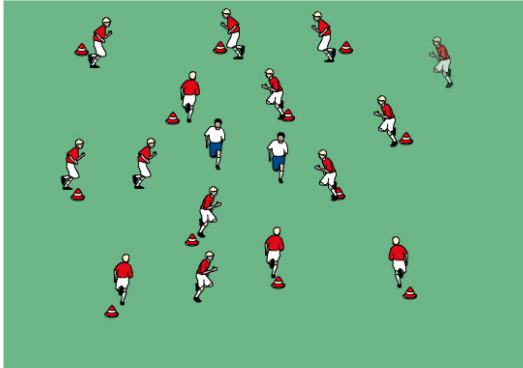
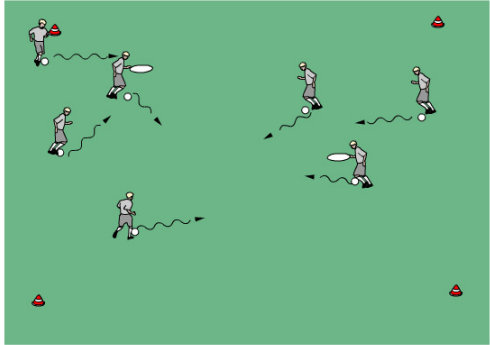
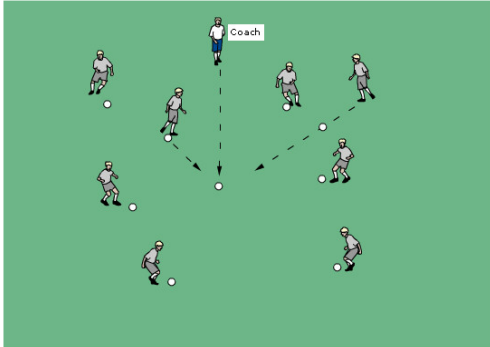
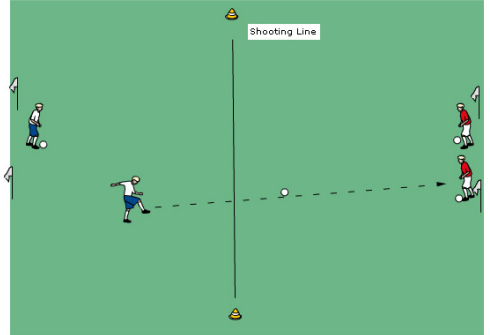
5:55-6:30 Circuit Training

6:30-6:55 5v5

6:55-7:00 Celebrate!

Obviously, this is a perfect schedule. If it looks like all of the kids have arrived, then go right into the warm-up. If not, then cut out some of the warm-up. Make a shorter warm-up and have more for circuit training and playing the game.

## Week One-Circuit Training

Warm-up	Diagram
<p><b>“Cone Tag”</b></p> <p>Cones are set up in the area. One player is it and chases the other players, who can save themselves by running to a cone where they are safe. Only one player can be safe at a time at a cone. When another player arrives at a cone that is already occupied, they must leave immediately and find another cone to run to. Play for a certain amount of time and then switch. Eventually build this to dribbling. Players must dribble. The players “it” do not.</p>	
<p style="text-align: center;"><b>Station 1</b> <b>Dribbling</b> <b>“Tag Game”</b></p> <p>All players have a ball inside a playing area. Players must keep their ball at their feet and try and tag as many people as they can in a specific amount of time. After time is up, ask players how many they tagged and challenge them by asking them to tag 2 more people for the next round.</p> <p>Another way it could be played is to divide the team into two and have one team try and tag the other team and count how many they have tagged. Each team collects the total and the other team gets to go.</p>	
<p style="text-align: center;"><b>Station 2</b> <b>Passing and Receiving</b> <b>“Targets”</b></p> <p>Moving Target-Coach has a ball. Coach dribbles around then knocks ball forward, players try to pass and hit the ball to get a point.</p> <p>Variations: 1) The first to hit coaches ball gets “two points” 2) Divide the team into two, one team tries to pass and hit the other team’s ball. The other team dribbles and tries to keep their ball from being hit. Play for time and then collect total points.</p>	
<p style="text-align: center;"><b>Station 3</b> <b>Finishing/Striking</b> <b>2v2 Shooting</b></p> <p>Two pairs play against another pair. Each pair is one half of an area. Goals are marked out. Each pair must stay on their defending half of the area. As a pair, they work together to try and shoot the ball past the other two players and between a goal or a line. At first, have one player roll a ball to their teammate who shoots. Then progress to passing to their teammate. The</p>	

two players, who attempted a shot, run back and go into goal. Pairs should take turns. Play for a certain number of points or for time.

### Station 4

#### Small Group Game

##### “Get Outta Here”

This is a very fun shooting game. Divide the teams into two. Each team gets to the right and left of the coach outside the field. The Coach has all of the balls. Each team sends two players out at a time. Two small goals are on each end. Coach plays ball in. Whichever team scores stays. If the ball goes out of bounds, they are both out of there and two players from each team step on. If a team has too many players on the field when the coach plays in a new ball, then it is a penalty kick.



#### Small Sided Game

##### Play 4v4-6v6

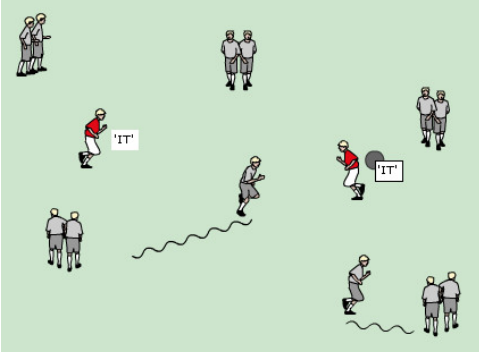
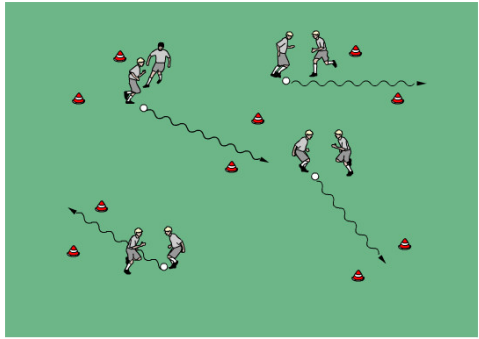
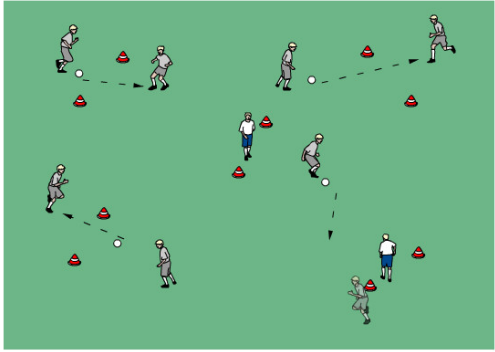
Goalkeeper wears their own hat that they bring to training. Rotate players/goalkeepers every 5 minutes. Encourage them to get into a “diamond” shape



#### Celebrate/Cool Down

Everyone juggles with feet. See who can get the most with only their feet.

## Week Two-Circuit Training

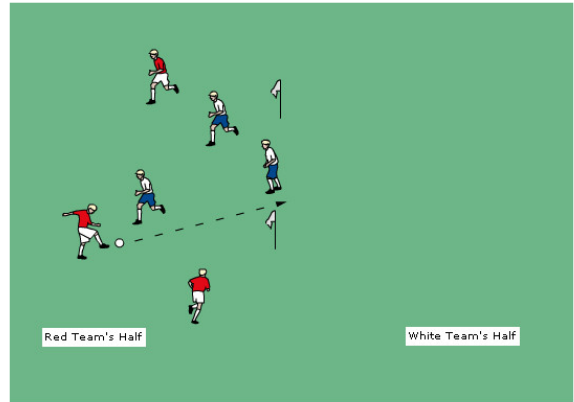
Warm-up	Diagram
<p><b>Elbow Tag</b></p> <p>Players link up holding arms. Nominate one-two players “it” and one-two players not it. The players not it try not to get tagged. They can be safe though if they link up with a pair that is linked. The person on the opposite end then has to release and they can get tagged. You can have more players not it than it.</p>	 <p>The diagram shows a green field with several groups of players. Some players are holding hands in a line, while others are running towards them. Two players are labeled 'IT' in a box, indicating they are the 'it' players. Wavy lines represent the path of the 'it' players as they move through the field.</p>
<p style="text-align: center;"><b>Station 1 Dribbling “Mini-Goals”</b></p> <p>A) All players have a ball and they dribble through a gate to get a point. B) Players pair up. Have mini goals for players to dribble through. Players play 1v1 against each other and score a point for every mini-goal they dribble through. Rule: After a player dribbles through a mini goal they leave it for the other player. Players are allowed to take the ball away from each other. Note: 1v1 is a very demanding activity so keep the rounds to no more than one minute each.</p>	 <p>The diagram shows a green field with several pairs of players. Each pair is positioned near a 'gate' formed by two red cones. A wavy line with an arrow indicates the path of a player dribbling through the gate. A ball is shown near the gate.</p>
<p style="text-align: center;"><b>Station 2 Passing and Receiving “Gates”</b></p> <p>All players have a ball inside a playing area. Set up gates/small goals throughout the playing area. Players dribble and pass the ball through as many of the gates as time allows. Variations: a) Players work in pairs and must pass through a gate to their teammate who is on the other side. b) instead of using gates, use cones that can be knocked over and they get a point if they pass and hit a cone so that it knocks over. c) Coach walks around and blocks a gate. If coach is in a gate, they can't go through that gate.</p>	 <p>The diagram shows a green field with several pairs of players. Each pair is positioned near a 'gate' formed by two red cones. A dashed line with an arrow indicates the path of a player passing the ball through the gate to their teammate. A ball is shown near the gate.</p>

### Station 3

#### Finishing/Striking

##### “One Goal”

Two teams of 2, 3, or 4 players. The goal is in the middle of the field. Each team has a designated side in which they can score on. When a team is defending, one person must go into goal. The others remain and defend. When a goal is scored and goes through the middle goal, the team that was scored on now attacks. The same is true for when a shot is taken and it goes into the other teams then the team that shot the ball must now defend on the other half and the defending team changes.

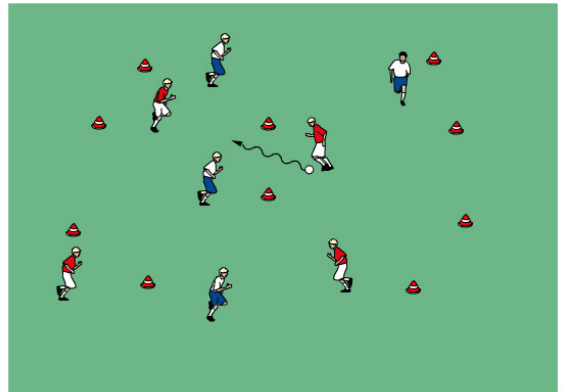


### Station 4

#### Small Group Game

##### “Multi-Gates”

The only way to score is to dribble through the cones. Play is 4v4-5v5. One ball, but you can throw in another to make the groups spread out. Make 6-7 small goals. A team gets a point by dribbling through a gate (cone).



#### Small Sided Game

##### Play 4v4-6v6

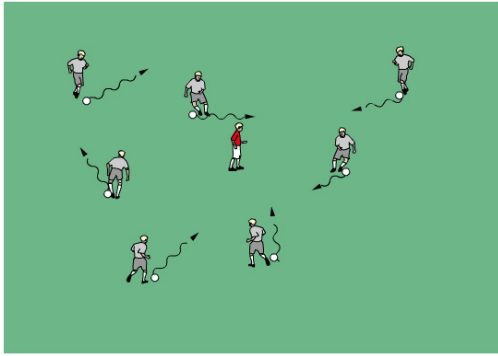
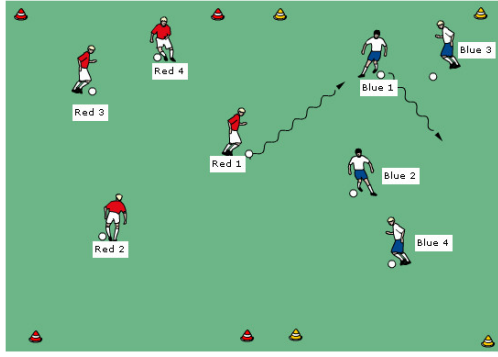
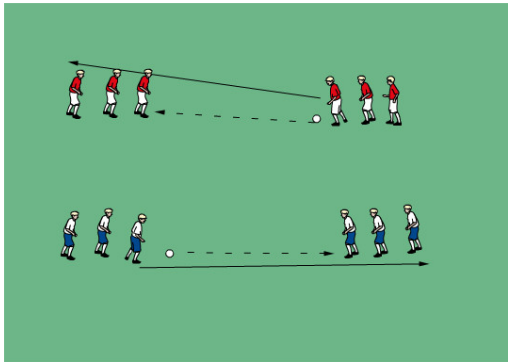
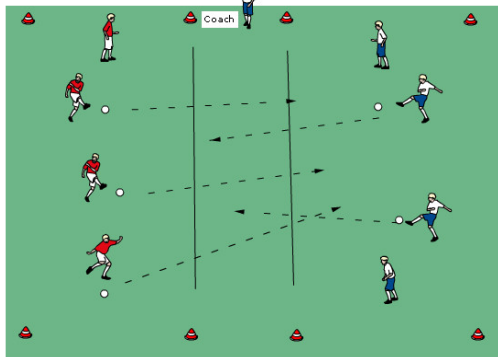
Goalkeeper wears their own hat that they bring to training. Rotate players/goalkeepers every 5 minutes. Encourage them to get into a “diamond” shape



#### Celebrate/Cool Down

Everyone juggles with a partner. See who can get the most with only their feet allowing one bounce.

## Week Three-Circuit Training

Warm-up	Diagram
<p><b>“Numbers”</b></p> <p>Everyone has a ball. At first they all start to dribble. After a bit, they leave their balls in the area. For every number you call, they have to perform a pre-determined task. Example: If call #1, they run to a ball and perform 5 touch-ups. #2, they run to a ball and make a move without touching the ball. Go all the way up to about 7 numbers. In between numbers, they are jogging or performing functional stretching exercises. Make it interesting by saying that if you call a shape, then they have to get the number that the shape represents. Example: If call “Diamond” players would get into groups of four quickly.</p>	
<p style="text-align: center;"><b>Station 1</b> <b>Dribbling</b> <b>“Number Tag”</b></p> <p>Make two grids. Two teams, every player has a ball and gets assigned a number. When the coach calls a color and number (“Red 1”) then they dribble into the other grid and find the other team’s number 1. As soon as they tag them, they then dribble back and then sends “Red 2” over. Play to see which team tags the other team the quickest.</p>	
<p style="text-align: center;"><b>Station 2</b></p> <p style="text-align: center;"><b>Passing and Receiving</b> <b>“Dynamic Line”</b></p> <p>Players are in lines of 4-5 players. Or 3-4 players per team. Players face each other and one touch passes to each other. If the ball gets passed awkwardly, then the whole line has to move with the ball. Have a competition between two teams. See who can get 10 passes that are complete and straight. Focus on technique with passing and striking the middle of the ball.</p>	
<p style="text-align: center;"><b>Station 3</b></p> <p style="text-align: center;"><b>Finishing/Striking</b> <b>Junkyard Soccer</b></p> <p>Divide team into two teams. Each team goes to a half. Use an odd number of balls, like 5. The objective of the game is to strike the ball into the other team’s yard. Each team wants to have a clean yard when time is called by the coach. The team that has the fewest balls on their side when time is called gets a point. Play to a certain amount of points or for time. Variation: Give each team a point every time they can strike the ball past the back line of the playing area. Another variation is to require a pass to be made to a teammate before the ball can be struck back to the other half.</p>	

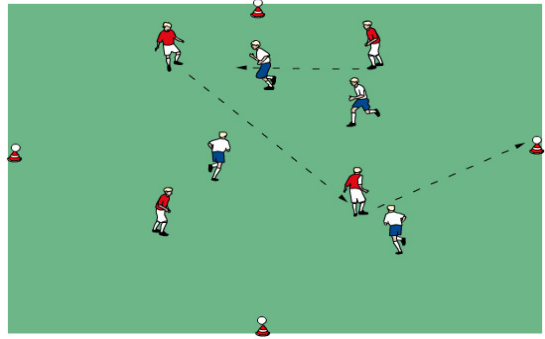
## Station 4

### Small Group Game

#### 4v4 4 goal game

Two teams of four-five players. There are four balls/standup cones on outside. After team in possession strings 5 passes, they then try to knock any of the four balls off the cone.

Variation: Have one team play north-south, the other play east-west.



### Small Sided Game

#### Play 4v4-6v6

Goalkeeper wears their own hat that they bring to training. Rotate players/goalkeepers every 5 minutes. Encourage them to get into a “diamond” shape

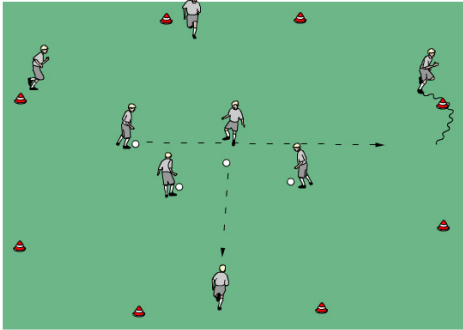
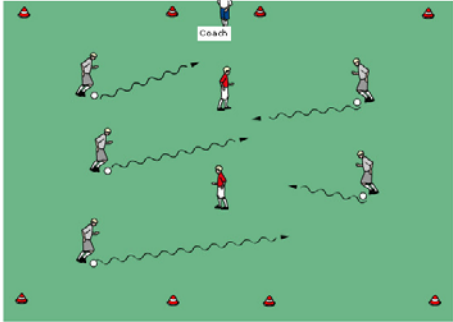

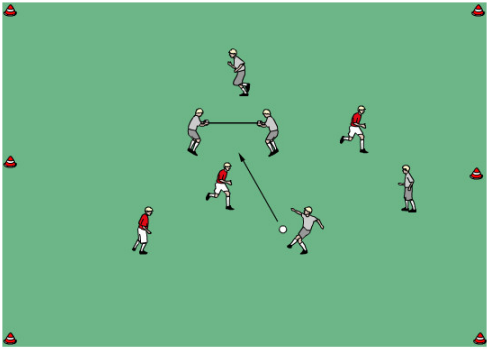


### Celebrate/Cool Down

#### Edge of the World

Every player has a ball and lines up on the side of a square/rectangle. Each player will pass their ball and after they pass must run and catch up to their pass before the ball crosses the other line. The objective, however, is to pass the ball as close to the other line without it going over the line or cliff. Players could go one at a time or all at once.

## Week 4 Circuit Training

Warm-up	Diagram
<p><b>“Checkout”</b></p> <ul style="list-style-type: none"> <li>• Passing in Pairs               <ul style="list-style-type: none"> <li>○ Free</li> <li>○ Directed</li> </ul> </li> </ul> <p>Players get in pairs and pass and move within a designated area. Make it more directed and tell them after they pass to run around a cone that is on the outside.</p>	
<p style="text-align: center;"><b>Station 1</b> <b>Dribbling</b> <b>Pirates and Buccaneers</b></p> <p>Make two grids. Two teams, every player has a ball. There are two pirates in between the two grids. The buccaneers (players with the ball) on the coaches signal dribble from one grid to the next without getting the ball stolen from them. The pirates pass the ball to the coach. If a buccaneer gets their ball taken from them they juggle, do touch-ups and then go back into the game.</p>	
<p style="text-align: center;"><b>Station 2</b></p> <p style="text-align: center;"><b>Passing and Receiving</b> <b>3v1</b></p> <p>Four players, two cones, two balls. One ball is placed on top of a cone in the middle. The objective is to hit the ball off the cone in the middle. Defender tags player with ball to get out.</p>	
<p style="text-align: center;"><b>Station 3</b></p> <p style="text-align: center;"><b>Finishing/Striking</b></p> <p style="text-align: center;"><b>Moving Goals</b></p> <p>Two teams play a normal game except the coach and a helper or holding a rope, vest, large pole, etc between them. This represents a goal. The goal moves around and the two teams play around the goal and try and shoot the ball under the goal, which is constantly moving around the area.</p>	

## Station 4

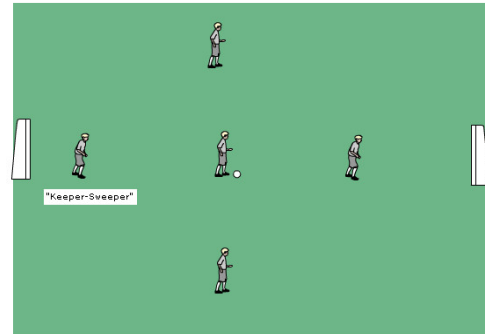
### Small Group Game

Even or odd numbered amount of players may be used. Players place two bags about 25-30 yards apart from each other. The object is to pass and hit the bag with the ball. Team can score at either of the two bags. When a bag is hit, restart the game by giving the ball to the other team.



### Small Sided Game

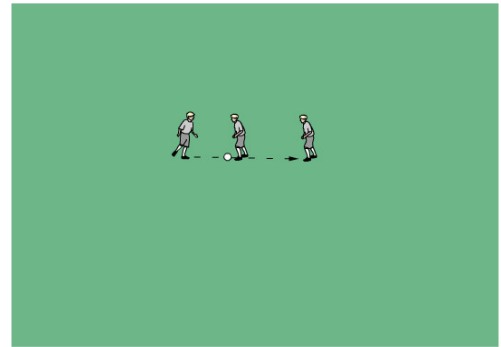
Goalkeeper wears their own hat that they bring to training. Rotate players/goalkeepers every 5 minutes. Encourage them to get into a “diamond” shape



### Celebrate/Cool Down

Three Man Weave (Not the basketball one)

Three players get in a line. One player is in the middle. One of the two end players has a ball. The activity is started out by one of the end players passing a ball at the middle player's feet. The middle player jumps over the ball and runs in the direction they are facing. The end player who passed the ball then goes to the middle and the process continues as the opposite end player now passes the ball to the new middle player's feet who jumps over it. The challenge is to see how many in a row they can collectively get.



## Street Soccer Challenge

### Week 5

Here is the format for a 3v3 or 4v4 (4v4 is preferred) Tournament. Coaches will need to bring: 1) a piece of paper to keep track of **individual scores**, 2) pen/pencil, 3) own cones, bibs, etc.

1. Make fields with cones/flags, etc. Field size should be about 40 long by 30 wide Goals are 3-5 yards apart.
2. Line up your team and see how many players you have.
3. Give each player in line a number for them to remember. Each player gets a number! They need to remember this number throughout the tournament!
4. After counting up how many you have, then number them off into teams of 3,4, or 5. (It's ok for them to have a sub) For example, if you have 18 kids then have 6 teams of 3.
5. Send them away to their fields. Tell them that they have to make up their own rules as far as kick-ins, throw-ins, how high can a goal be, etc. Both teams on that field must agree!
6. Play 8 minute games.
7. After each 8 minute game start calling out a number. The player that is number one will tell you there score of points that they received individually. Then ask player number 2, then 3, and so on until all of the players have given you a number of points that they earned from the game they had just played.
8. After getting their points-line them up again and tell them to get next to someone that they did not play against the time before. Make new teams. After that 8 minute game then ask each player their individual point total.

### POINTS

This tournament is structured a little differently. Instead of a team winning, each player will be awarded points depending on how his/her team did. The scoring is as follows:

5 points for a win

2 points for a tie

1 point for each goal their team scored

3 bonus points if their team shutout the other team.

Announce this to your players!!!!

So, if a match ends up 3-0, then all of the players that had the 3 goals earned 11 points! (5 for the win-3 for each goal-and 3 bonus for shutting out the other team.) So if players that were numbered 1-4 were on the winning team, when you shout out their number then they should all tell you 11 points.

A tie of 0-0 would result in each individual playing in that game getting 5 points! (2 for the tie-3 bonus points for a shutout.)

As a coach, just sit back and watch them compete! I think that you will be a little surprised on who ends up with the most points after 40 minutes of playing. It might not be your top players! It might be the player that you least expect. This format is a lot of fun if done right. It also gives the kids some responsibility as far as remembering their points, getting organized, etc.